

ELEIKO CLEANING AND DISINFECTION GUIDELINE

Cleaning and maintaining equipment is critical for operating any gym and fitness or training facility. Our cleaning and disinfecting Eleiko equipment guidelines give you tools to provide a cleaner and safer training environment for your members and staff while prolonging equipment life and ensuring optimal performance.

According to IHRSA, "A club's cleanliness is a vital part of its operational, social, and financial success" and "cleanliness is a retention driver." This is more important than ever as health clubs and training facilities navigate reopening with new cleaning and social distancing regulations.

Two methods to address product cleaning are soap and water which focuses on removing dirt, grease and germs, and disinfecting which kills the germs on contact. Often a combination of these two methods is the preferred way to ensure a product that is both clean and germ-free.

CLEANING

We recommend using a mild soap detergent to clean dirt and remove germs from product surfaces, ideally one that is non-toxic, environmentally friendly, and biodegradable.

To clean a product, spray the detergent on a lint free cloth and wipe off your equipment. A soft bristle brush can be used to tackle areas that need additional attention. Exercise caution around areas with greased or moving parts, such as bar sleeves.

DISINFECTANTS

When selecting a disinfectant to use on Eleiko products, it is important to select products that are free from o-phenylphenol (OPP) ammonia, bleach or alcohol as these chemicals can damage various product surfaces (including steel, chrome, rubber, polyurethane and synthetic leather surfaces) and cause product deterioration over time.

Two such products are Athletix™ Disinfectant Wipes, which are Alcohol-free, bleach-free, and o-phenylphenol-free wipes and designed specifically for disinfecting exercise equipment, and Gym Wipes made by 2XL.

CLEANING SPECIFIC PRODUCT CATEGORIES

While we recommend the wipes that are alcohol and bleach free, the products in our range respond differently to various chemical compounds.

BARS

- Clean bars in a horizontal position. Apply a mild soap detergent to a lint free cloth, then wipe down your bar taking care to avoid the area where the sleeve and bar shaft come together.

- Do not allow bars to get wet or allow cleaning fluid to seep into the area where the sleeve and shaft come together. Moisture in the sleeve can impact bar performance and safety.
- Brush the knurling/bar with the nylon brush included at time of purchase after each use to remove chalk or dirt. A steel brush may be used only on the Eleiko IPF Powerlifting Competition Bars which do not have a chromed surface.
- We recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia free wipes.
- It is safe to use an alcohol based neutral pH7 solution on the bar steel/chrome finish.

RUBBER DISCS & BUMPERS

- Apply a mild soap detergent to a lint free cloth, then wipe down product surface.
- For disinfection, we recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia free wipes.
- Alcohol and chlorine-based products will damage the rubber, causing it to deteriorate over time.

DUMBBELLS

- Brush knurling and metal handle with a nylon brush to remove any chalk or dirt.
- Apply a mild soap detergent to a lint free cloth, then wipe down product surface.
- While it is safe to use an alcohol based neutral pH7 solution on the handle or steel elements of a dumbbell, alcohol, ammonia, and chlorine based products will have a long term impact on the rubber dumbbell heads and cause deterioration over time.
- We recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia free wipes.

PLATFORMS

- Vacuum platforms to remove dirt and debris from lifting surfaces.
- Clean/mop platforms with a mild detergent as needed.
- We recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia free wipes.
- Do not use alcohol and chlorine based disinfectants as they can impact the rubber causing it to deteriorate over time.

BENCHES & RACKS

- Apply a mild soap detergent to a lint free cloth, then wipe down product surface.
- It is safe to use an alcohol based neutral pH7 solution on the steel elements or the benches and racks.
- We recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia free wipes.